

## **CAREGIVER SUPPORT GROUPS**

*(Advisable to call before attending a new group, to confirm schedule)*

### **Aging with Grace**

Grace Presbyterian Church  
7434 Bath Street, Springfield, VA 22150  
Telephone: 703-451-2900

Meets the 2<sup>nd</sup> Monday of each month at 7:00 p.m. to 8:30 p.m.

### **Alzheimer's Association, National Capital Area Chapter**

Telephone: 1-866-259-0042

Call to get information regarding Caregiver Support Groups in the area sponsored by the Alzheimer's Association, National Capital Area Chapter.

### **Alzheimer's Family Day Center (AFDC)**

2812 Old Lee Highway, Suite 210, Fairfax  
Telephone: 703-204-4664

Meets 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the month from 9:30 a.m. to 11:00 a.m.  
Group is facilitated by Susan Stone, Outreach Coordinator and Anna Ellis, Community Coordinator. Respite offered at no charge; please call to arrange.  
Newcomers always welcome.

### **Caregivers Support Group**

Sponsored by: The Shepherd Center  
Meets at: Seventh-Day Adventist Church  
344 Courthouse Road, SW, Vienna  
Telephone: 703-281-0538 — The Shepherd Center or  
703-281-3987 — Mary Ann Noland

Caregivers support group sponsored by The Shepherd Center meets the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of each month at 10:30 a.m. to 12:00 noon. Facilitators are nurses, Noreen Swaminatha and Mary Ann Noland.

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### **Children of Older Parents (C.O.O.P.)**

Saint Andrew Lutheran Church  
14640 Soucy Place, Centreville  
Telephone: 703- 830-2768

Meets monthly, 1<sup>st</sup> Thursday at 7:30 p.m. Call church to confirm date.  
Facilitator is Yvonne Knauff, Family Nurse Practitioner (ret.).

### **Families of Aging Relatives**

Christ Church Episcopal on Cameron Street, Alexandria

Meets the 2<sup>nd</sup> Tuesday of every month at 7:00 p.m. to 9:00 p.m. in Christ Church Library. Deborah Warren, LCSW facilitates the group and can be reached at 703-919-3887.

### **Senior + (Plus) Program, Caregivers Support Group**

Herndon Senior Center  
873 Grace Street  
Herndon, VA 20170  
703-464-6200

Meets the first Thursday of each month, 7:00 to 8:00 p.m.  
Facilitated by Senior + staff.

### **Well Spouse Foundation**

Kings Park Library  
9000 Burke Lake Road, Burke VA 22015  
Telephone: 703-425-2430 (Dorothy Saunders)

Meets the 3<sup>rd</sup> Monday of each month, 7:00 p.m. to 9:00 p.m., in Supervisor's meeting room. Well Spouse is a national organization supporting spouses caring for a chronically ill or disabled spouse.

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### **SPONSORED BY FAIRFAX COUNTY HEALTH DEPARTMENT**

#### **Annandale Center**

7200 Columbia Pike

Annandale VA 22003 (Use right side entrance of the building)

Meets first Tuesday of the month, 7:30 pm

Contact Sydney White, RN 703-750-3316

#### **Lewinsville Center**

1609 Great Falls Street

McLean, VA 22101

Meets first Monday of the month, 4:00 pm

Contact Susan Yohe, RN 703-734-1718

#### **Lincolnia Center**

4710 N. Chambliss Street

Alexandria, VA 22312

Meets second Thursday of the month, 10:00 am

Contact Ann Hunter, RN 703-914-0226

#### **Mt. Vernon Center**

8350 Richmond Highway

Alexandria, VA 22309

Meets first and third Fridays from 10:00 a.m. to 11:30 a.m.

Contact Georgia Miller, RN 703-704-6050

**Distributed by the Fairfax Area Agency on Aging. For changes,  
please call 703-324-5411, and ask for the Information Specialist.**